



Vernon Senior Center's

Issue 10

October 2015

Senior Moments

Oktoberfest

Join us on **Friday, October 9th at 12:30** for a traditional Oktoberfest luncheon. Menu will include roasted pork loin, braised short ribs, potato pancakes, vegetable & dessert. Be entertained by German accordionist-Mike Proscino who will bring to us a bit of Oktoberfest featuring Bavarian Sing alongs, Laughter and Fun. **Cost: \$12** Deadline to sign-up is Friday, October 2nd.



Message from the Senior Center:

We would like to welcome Sela Saunders to her new position as the Interim Director. She has worked at the Senior Center for 15 years. Welcome Sela!

Inside this issue:

Happenings 1

Health Activities 2

Exciting Opportunities 3

FYI 6

Trips 9

Hours & Location 14

Newcomers Welcome

On the 5th Thursday of this month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, October 29th at 1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

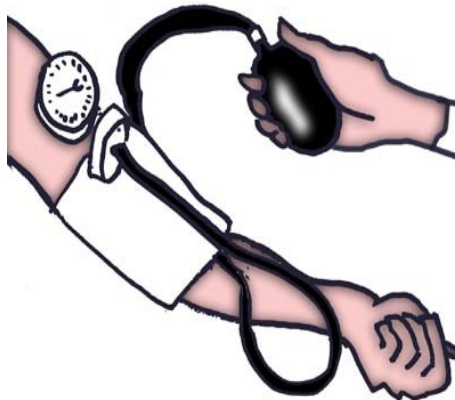
to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 29th.

Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, October 14th**. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening: The next hearing screening will be held on **December 17th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Zumba Gold

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves! **Wednesdays at 1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.



Memberships

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos -Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

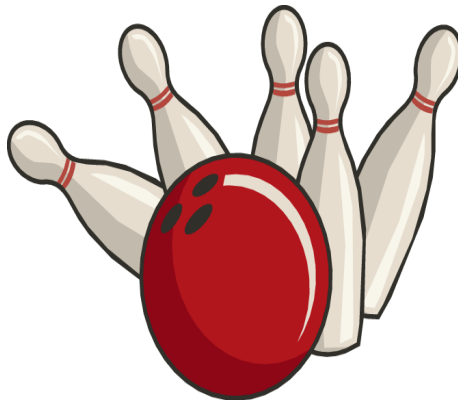
Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm.** Our team is known as the Vernon Alley Cats . If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



Do you want to learn how to play dominos?

Come to the Center on Tuesdays at 10:00am to learn this fun game. We have volunteers who will teach you how to play. It is lots of fun.

Movie Matinee

Popcorn and a Movie: The Center is offering movie matinees! **Wednesday, October 7th at 1:00pm.**

The feature film is **West Side Story.** Winner of 10 Academy Awards including Best Picture, this classic musical set among the tenements of New York City finds star-crossed lovers Maria and Tony caught in the midst of a turf war between rival street gangs.

Not Rated

152 minutes

On **Wednesday, October 28th at 1:00 pm.**

The feature film is **Secondhand Lions.** In 1960's Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts.

Rated PG

107 minutes



West Side Story

Secondhand Lions

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use colored pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Lynn Halligan-Best of Show and a second place ribbon. **Pat Margelony**-1st, 2nd, and 3rd place ribbons. Congratulations to all our seniors that participated in the Four Town Fair.

Crochet &Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

Plant Care 101

Jean Inge will be holding a class on the Care of House Plants, on **Friday, Oct. 16th at 1pm**. She will cover such topics as how to care for the many different types of plants, explain the benefits of having indoor plants and explain the pros and cons of live plants verse artificial plants. This event is free. Please call to register.



Mah Jongg

Mah Jongg Lessons will begin on **Monday mornings from 9:30-11:00**, starting **November 2nd**. Classes will run for 6 weeks.

These classes are free to Vernon Residents and \$10 for Non-residents.

Please call to register.

Thank You

The Senior Center would like to thank the Crochet and Knitting Group for all of their hard work and dedication demonstrated in the items they made and donated to the Town Baby Fair.

For the Sports Minded

Drop In Pool -Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

Wal-Mart East Windsor—Friday, October 2nd

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council 860-870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



If you are interested in volunteering in the library please let us know.

All items have been donated.

Maryann Romano continues to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all your hard work.

Memory Enhancement Series

The Center is offering a Memory Enhancement Series. It will cover types of memory, normal brain aging, factors that impact memory, and what is a serious memory problem. Memory enhancing strategies and exercises will be discussed. The program is presented by Jo Anne Harrison-Becker, MS Gerontology.



October's classes continue on **Mondays Oct. 5th and 26th**, at **10:30am**. October's classes are the second and third of the series. November 2nd and 9th are the last classes in the series.

You must register for **each** class. This is a free event. Please call to register for this program.

FYI

Parking At the Senior

Center: We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Tuesdays and Fridays. Please note that the counselors do not sell insurance.

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

November 4th: Trip to the 9/11 Museum in NYC

December 4th: Holiday Luncheon & Entertainment

December 10th: Trip to Irving Berlin's White Christmas, The Ogunquit Playhouse, The Music Hall, Portsmouth, New Hampshire



WalMart Bus Trip

The Center is offering a monthly trip on the Senior Center Bus to WalMart in East Windsor. The trip is scheduled for the first Friday of every month.

The trip in Oct. is on **Friday, Oct. 2nd**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Happy Shopping



Other Activities

The “**Out to Lunch Bunch**” meets on the first **Tuesday** of every month. Each month a restaurant is chosen. This month the “bunch” is going to **Willington Pizza** on **Tuesday, October 6th** at **1:00 pm**. Call now to sign up !

The senior bus is available for transportation & pick up at all the Vernon Senior Housing facilities



with stops at the Senior Center and Sacred Heart Church.

Please call Sela or come to the Center to sign up for this fun day out with your friends.

Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery. The Advisory Board role is to bring



suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, October 27th** at **9:30am**.

What You Should Know

Energy Assistance

Vernon Social Services will be taking applications for the State's Energy Assistance Program. If you are low income, you may be eligible for heating assistance. Contact Vernon Social Services at 860-870-3661 for more information or to schedule an appointment.



Signing In At the Senior Center:

It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!



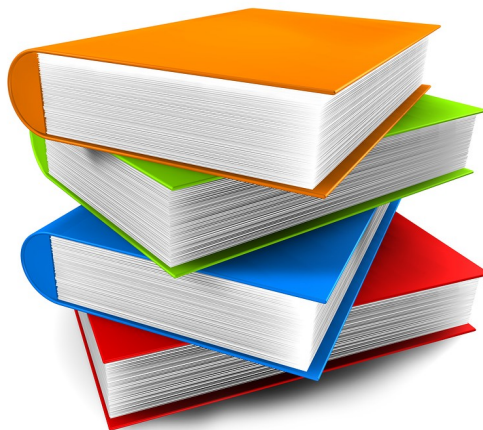
The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



Senior Book Club

The Senior Book Club will be meeting on **Thursday, October 15th at 10:00am.**

October's pick is "The Shoemakers Wife" by Adriana Trigiani



The Book Club meets on the third Thursday of every month.

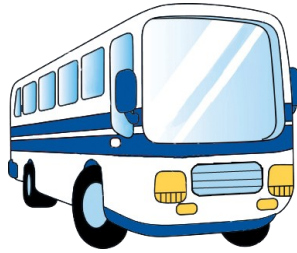
Each person in the group gets to select a book to read.

You do not need to register for this activity.

Up Coming Trips

November 4th— 9/11
Museum

December 10th— Irving Ber-
lin's White Christmas at the
Ogunquit Playhouse, The
Music Hall in Portsmouth,
New Hampshire



Suggestions are always
welcome.

Cancellation Policy

If a person cancels a trip for
any reason, NO refunds will
be given once payment is re-
ceived unless we are able to
fill your spot on the trip.

We will call our wait list, if
any, and make every effort to
fill your spot in order to issue
a refund.

Mediterranean Venice Cruise

We are offering a 12 night Mediterranean cruise
plus 2 nights in Barcelona escorted by Landmark
Tours & Cruises' owners Bob & Joy Marx.

We'll fly to Barcelona & spend 2 nights in the
heart of the City. We will tour the famous Sagrad
Familia Cathedral, an architectural wonder.

We will board Royal Caribbean's Brilliance of the
Seas for a 12 night cruise to Nice, Livorno
(gateway to Tuscany), Cititavecchia (port city for
Rome), Dubrovnik, Croatia, Venice (2 days),
Ravenna, and Kotor Montenegro.

The price includes airport transfers, round trip
airfare, 2 nights pre-stay Barcelona with touring
and 3 meals, 12 night cruise, port and departure
taxes, all meals, activities, & entertainment
aboard ship, trip cancellation insurance, and
portage of one bag per person.

Prices do not include shore excursions, bar
drinks, gratuities aboard ship or items of a
personal nature.

Informational Meeting Date to be Announced.

Dates: October 2-16, 2016

Price:

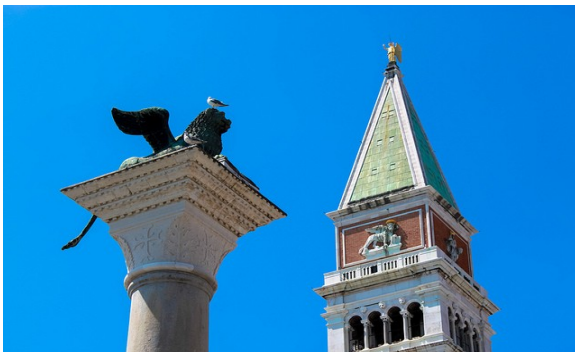
Cat. M—Inside Cabin—\$3419

Cat. I— Ocean View—\$3799

Cat. E2/E3- \$3929

**Informational Meeting: Thursday,
November 12th at 10:30am**

Call to register.



9/11 Museum

The **National September 11 Memorial** honors the men, women and children killed in the terrorist attacks of September 11, 2001 and the World Trade Center bombing that had killed 6 people on February 26, 1993. This national tribute is a place of remembrance, commemorating the nearly 3,000 victims, recognizing the thousands who survived and reflecting the courage and compassion shown in the aftermath.

Wednesday, November 4, 2015

Depart: 7:30am

Estimated Arrival Home: 6:45pm

Cost: \$62 per person— this includes transportation, taxes, gratuities, and entrance fee to the museum



To join us you must **sign up**.

Leaving from Green Circle Commuter Lot

Vine To Wine In Vermont

Join us on **Wednesday, October 14th** as we travel to Vermont during the fall foliage season. Our first stop is the Grafton Cheese Company in Brattleboro VT. Here, we will experience the art of Vermont cheese making.

Then we are off to the Matterhorn Inn, located in the heart of Southern Vermont at the base of Mt. Snow. You can sit back and enjoy a talk on the different wines in Vermont and sample a few. Don't forget to bring a piece of cheese in with you to sample with your wine.

After the tasting, it is a short walk into the dining room where you can sit back and enjoy a traditional buffet lunch in this quaint family owned and run inn. Some of the menu items include homemade Polish dishes.

After lunch, we are off to Honora Winery and Vineyards in Jacksonville VT. Here you can enjoy a Vine to Wine tour of the vineyards, learn the grape growing process, tour of the winery with its wine making process and a taste of three different Honora wines. You will receive a complimentary Honora etched souvenir glass.

Depart: 8:00am Green Circle Commuter Lot

Estimated Arrival Home: 6:45pm

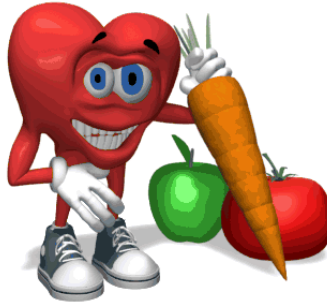
Cost \$104 per person includes all taxes & gratuities



Special Events & Services

“Seniorhood” Fair

“Seniorhood” Fair is on **Saturday, October 24th from 10:00 am - 2:00 pm**. The purpose of the fair is to increase the quality of life for our seniors, by providing them with information on services and products. The fair is being held at the Vernon Center Middle School.



Help Needed

Volunteers are needed at the Pitkat Congregate for lunch service. The volunteers will help with the distribution of lunches to the residents of the Pitkat Congregate. Volunteers are needed daily, around 11:00am-1:00pm. Please call Judy or Mary at 860-875-9244, if interested.

Medicare Presentation

There will be a Medicare Presentation on **Tuesday, October 27th at 1:30pm**. Christie McFatter of Vernon Social Services and Cathy Bouley of the Vernon Senior Center are trained CHOICES Counselors. CHOICES counselors are trained by North Central Agency on Aging and **do not sell insurance**. They will be going over Medicare A, Medicare B, Medigap Supplemental Plans, Medicare D Prescription coverage and Medicare Advantage Plans. They will also discuss programs that help low income seniors with their insurance premiums.

Open enrollment is from October 15th until December 7th for plans beginning January 1st.

Please contact the Center to register for this informative program.

Birthday Celebration



The Center will be celebrating October, November, and December Birthdays on **Monday, December 14th at 2:00pm**.

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of October, November, and December. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.

Special Events & Services

White Christmas

The Music Hall, located in downtown Portsmouth, New Hampshire, will present the Ogunquit Playhouse production of the Irving Berlin classic, **White Christmas**, on **Thursday, December 10th**. The cost includes: round trip transportation, Orchestra Seats to the 2:00pm matinee performance, and all taxes and gratuities, including the driver. You will have time on your own in downtown Portsmouth for lunch before the show and rest stops will be made on the way there and on the way back. The bus departs Vernon's Green Circle Commuter Lot at **9:00am** with an approximate return time of **8:00pm**.

Cost: \$115.00

Please call to register



You Be The Judge

You Be The Judge is a group activity that lets you make the final call. The group listens to actual court cases, then discusses them. When the participants agree on a final verdict, they will then learn the true fate of the defendant. The group will be able to learn how close or far away the real ending was in comparison to their decision. It's a fun way to help keep the mind sharp and the problem-solving even sharper. So come be the judge with us. This event will be held on **Friday, October 2nd at 1:30pm**.

The event is free. Please call to sign-up.



Halloween Party

Since most of you are too busy enjoying the activities at the center, I bet you did not notice the noises coming from the basement, or the lights flickering on and off. But what happens when the building is empty, when the lights go out for the night, and no one is home??? Celebrate Halloween with us on **Friday, October 30th at 1:30pm** to find out if the senior center is haunted! Festive treats will be served, trivia will be played, and costumes are more than encouraged! **This is not for the faint of heart!!** Call the center to sign up! **Cost: \$2.00**



Just a Reminder...

We will be closed Monday,
October 12th in honor of
Columbus Day

Join us at the Senior
Center for a fun day!

October's Birthdays !

Happy Birthday:

October 1 Pat Cleveland

October 17 Joe Harris

October 22 Jeannette Hubbard

October 28 Pat Margelony

Happy Anniversary:

October 22 Marie and Joe Harris

**Note: If you would like
your birthday/
anniversary in the News-
letter, please inform the
Senior Center Staff.**



VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

**Hours
Monday—Friday
9:00am-3:00pm**

*Happiness is
spending time at
the
Senior Center!!*

*Join us at the Senior
Center for a fun day!*

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Sela Saunders, Interim Director

Susan Ward, Senior Program Coordinator

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: